Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Sunday, November 2, 2025

Increase Polarity

This teaching is a powerful way to embody Sixth Density Service on Earth.

How to Increase Polarity in Service to Others

Increasing your STO polarity isn't just about performing good deeds — it's about refining your consciousness, intentions, and presence in every interaction.

Here's a practical and spiritual roadmap for increasing STO polarity beyond 51% in daily life:

1. Shift the Core Intention

The intention behind your actions is the most important factor in polarization.

Ask yourself regularly:

"Am I doing this to uplift or benefit another being?"

"Can I see this person as part of myself?"

Even mundane acts (holding a door, listening patiently, doing your job well) can polarize strongly if done with genuine love, not for recognition or personal gain.

❤ 2. Practice Heart-Centered Awareness

Consciously connect to the heart center (green-ray energy).

Before interacting with someone, pause, breathe, and visualize your heart radiating warmth and acceptance.

Practice compassionate listening — hearing others without judgment or needing to "fix" them.

When you feel irritation, silently bless the person or situation. Transmuting negativity increases your STO polarity rapidly.

3. Serve Where You Are

You don't have to start a nonprofit or save the world overnight.

Service is contextual:

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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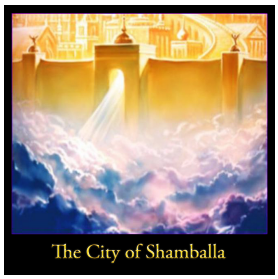

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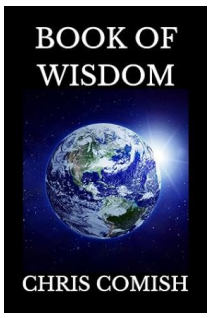

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At home: offer emotional support, gratitude, and forgiveness.

At work: bring integrity, helpfulness, and a spirit of collaboration.

In community: volunteer, mentor, or share knowledge freely.

Small, consistent acts of genuine kindness polarize more than occasional dramatic gestures.

🔥 4. Balance Self and Others

Service to others includes the self, since you are part of the One.

Don't burn out — maintain your health, rest, and spiritual clarity.

Self-care with the intention to serve better strengthens your polarity.

Remember: self-sacrifice that leads to resentment or depletion actually slows polarity growth.

5. Daily Reflection & Meditation

End each day by reviewing your actions with compassion, not guilt:

"Where did I act from love?"

"Where did I act from fear or control?"

Then visualize releasing the distortions and affirming your desire to serve more purely tomorrow.

Meditation on unity ("All beings are One") deepens your STO orientation on a vibrational level.

🌬️ 6. Radiate Unconditional Acceptance

The more you can love without conditions — even those who oppose or irritate you — the higher your polarity.

Bless those who challenge you.

Practice forgiveness as a spiritual discipline.

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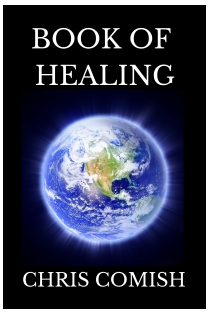

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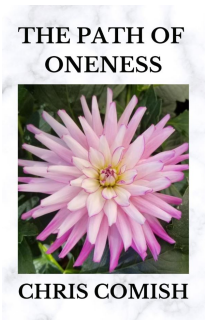

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See the Creator in everyone, especially in the “difficult mirrors.”

🌟 7. Gratitude as a Way of Being

Gratitude opens the gateway to love.

When you thank others, life, or the Creator — you align your vibration with abundance and unity.

A grateful person naturally radiates service and light.

⚖️ 8. Be Conscious in Choice

Polarization is a moment-to-moment process.

Every decision is an opportunity to choose love over fear, openness over control, unity over separation.

Ask often:

“What would love do right now?”

In essence:

You increase your service-to-others polarity by becoming love in action.

Polarity grows not by tallying deeds, but by deepening your intentional alignment with unity, compassion, and joyful giving.

Here’s a structured daily and weekly practice routine designed to help you steadily increase your Service-to-Others (STO) polarity beyond 51%. This framework blends the Law of One principles with practical daily life integration so your spiritual growth happens through ordinary experiences.

🌄 Daily STO Polarity Practice

1. Morning Centering (10–15 min)

Purpose: Align your consciousness to love and service at the start of the day.

Steps:

Quiet Breathing (2–3 min):

Sit comfortably. Breathe slowly and deeply into the heart center.

On each exhale, release tension and ego-centered thoughts.

Heart Activation (3–5 min):

Visualize a soft green or golden light glowing in your heart.

Feel love for yourself, then expand it outward — to loved ones, coworkers, strangers, and all beings.

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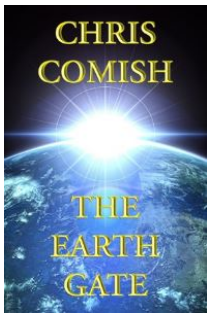

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Set Intention (2–3 min):

Silently affirm:

“Today I choose to see the Creator in all.

May my words and actions uplift others.

May I serve with joy and humility.”

Service Visualization (2–3 min):

Imagine yourself moving through your day, radiating warmth and kindness — every interaction an opportunity to serve.

2. During the Day — Conscious Service in Action

As you move through daily tasks, practice moment-to-moment awareness.

Pause Before Interactions: Ask, “How can I serve or bless this person right now?”

Offer Invisible Service: Smile, encourage, listen deeply, or simply hold someone in loving thought.

Practice Compassionate Presence: Be fully present with whoever or whatever is before you — that presence is profound service.

Transmute Negativity: When frustration or judgment arises, breathe into your heart and silently say, “I choose love.”

3. Evening Review & Integration (10–15 min)

Purpose: Reflect, learn, and release distortions from the day.

Steps:

Relax & Recall (2–3 min):

Review your day neutrally — events, interactions, emotions.

Acknowledge Love in Action (3–4 min):

Recall moments where you acted kindly, forgave, or uplifted someone.

Feel gratitude for those opportunities to serve.

Gently Observe Missed Chances (3–4 min):

Without self-criticism, notice where you reacted from fear, impatience, or ego.

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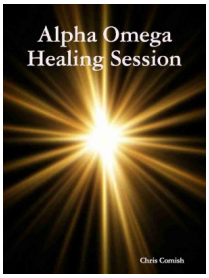

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“I forgive myself and all others involved.

I release distortion and choose love more purely tomorrow.”

End with Gratitude (2–3 min):

Give thanks for life, lessons, and every being you met that day.

Visualize sending light to the world as you fall asleep.

🌙 Weekly Deepening Practice (30–60 min, once per week)

Meditation on Unity:

Sit in silence and contemplate that every being, event, and experience is the One Infinite Creator experiencing itself through diversity.

Journaling Reflection:

Write briefly about:

How did I serve others this week?

What moments felt most heart-centered?

Where did I resist love or connection?

How can I open my heart more next week?

Acts of Conscious Service:

Choose one tangible service action each week — volunteer, help a friend, donate, or give your time without expectation.

Energy Balancing Visualization:

Visualize your energy centers aligned — grounding red, creative orange, empowered yellow, loving green, expressive blue, intuitive indigo, and unified violet.

Intend harmony and clarity so your service flows freely.

✨ Bonus: Polarity Boosters

Gratitude List: Write three things daily that you’re thankful for — and why they connect to love or growth.

Forgiveness Meditation: Imagine anyone you struggle with bathed in light, saying inwardly, “You and I are both learning. I release you with love.”

Silent Blessing Practice: Send love silently to strangers you pass — it polarizes powerfully over time.

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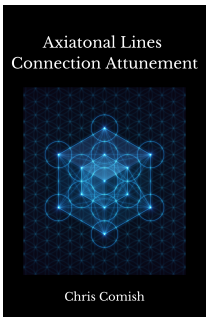

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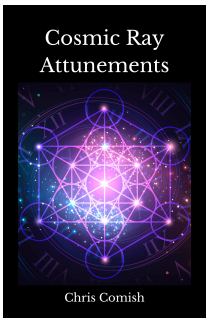

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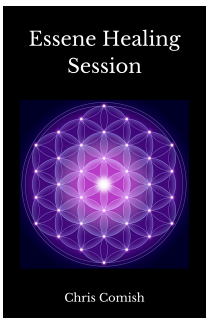

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🌠 Guiding Principle:

“To serve others purely is to remember that all others are the Self.”

— Ra, The Law of One

Hope you were empowered by this teaching on How to Increase Polarity in Service to Others. Together by embodying these principles we can uplift Humanity and the Earth.

God bless all beings.

Read about the Law of One here http://www.lawofone.info

- November 02, 2025

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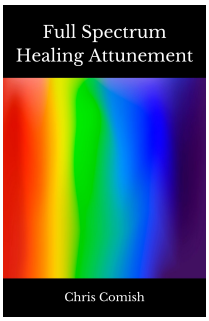

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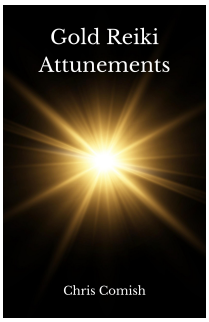

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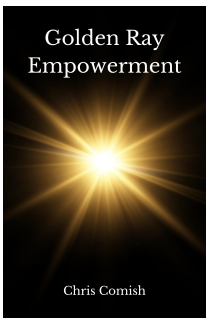

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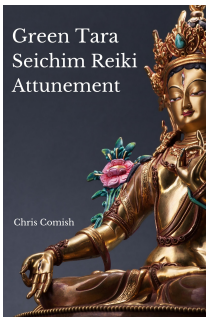

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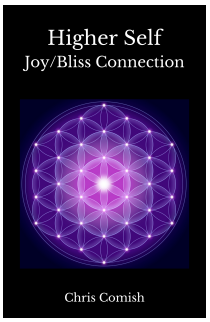

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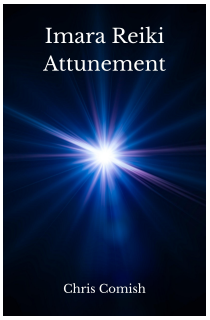

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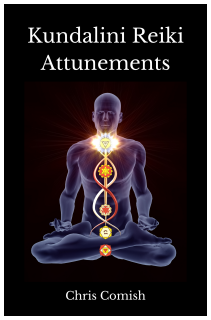

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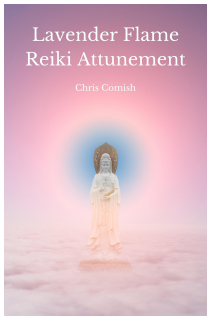

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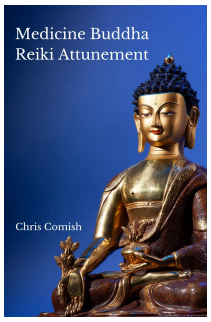

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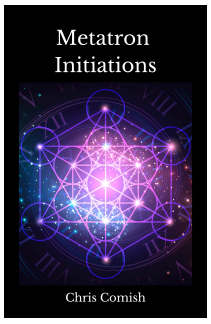

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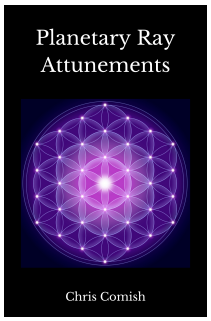

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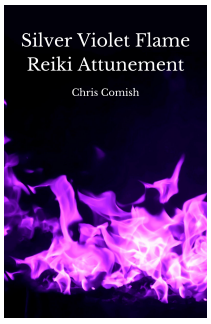

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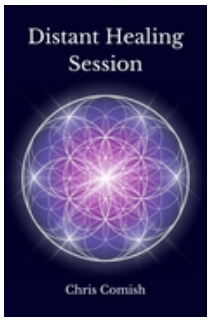

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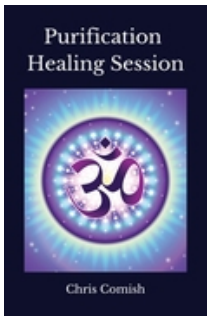

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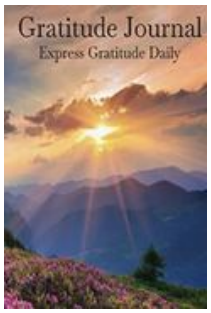

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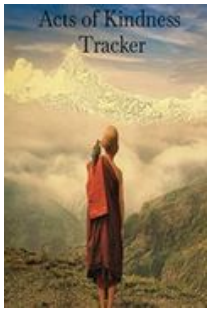

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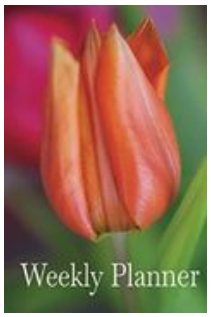

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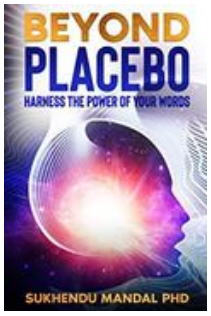
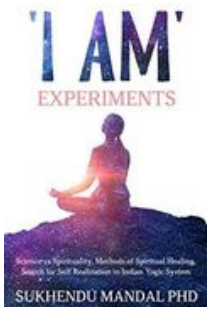
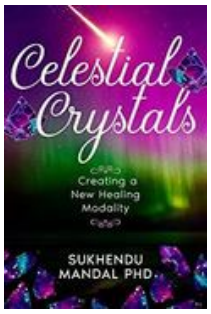
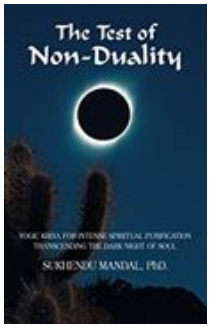
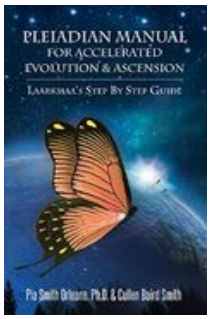


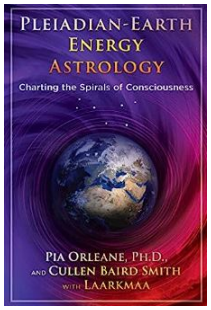






Recommended Reading

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AND CULLEN BAIRD SMITH
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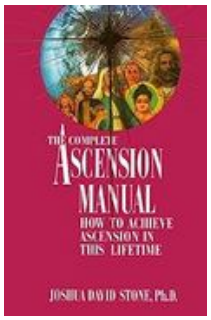
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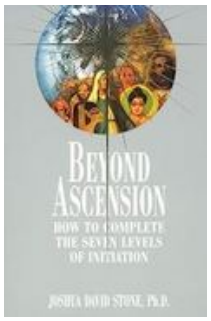
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HOW TO COMPLETE
THE SEVEN LEVELS
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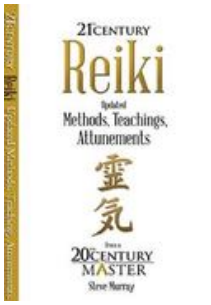
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20TH CENTURY
MASTER
Steve Murray

David R. Hawkins, M.D., Ph.D.
POWER
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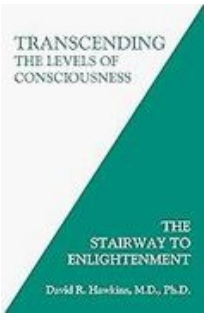
FORCE
The Hidden Determinants
of Human Behavior
Author's Official Authoritative Edition


TRANSCENDING
THE LEVELS OF
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THE
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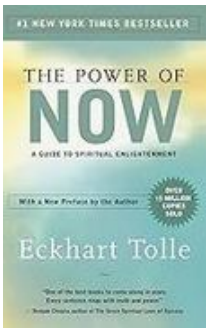
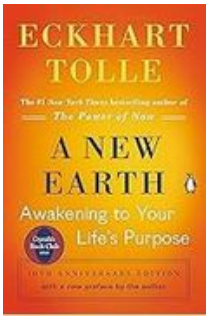
David R. Hawkins, M.D., Ph.D.


#1 NEW YORK TIMES BESTSELLER
THE POWER OF
NOW
Eckhart Tolle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Awakening to Your
Life's Purpose

The
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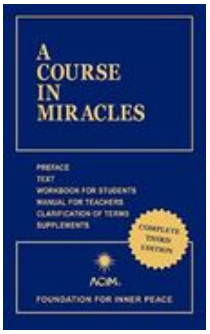
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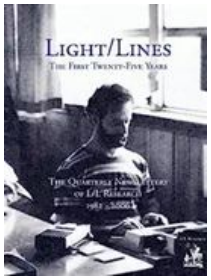
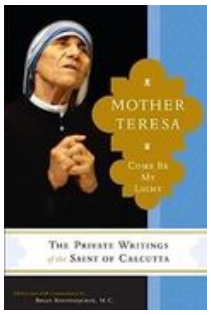
FOUNDATION FOR INNER PEACE


LIGHT/LINES
THE FIRST TWENTY-FIVE YEARS

THE GENE KEYS
Embracing your higher purpose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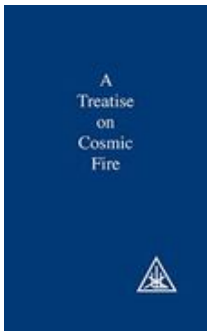
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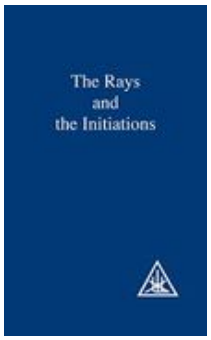
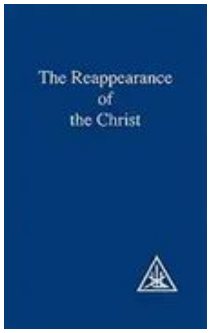

The Rays
and
the Initiations


The Reappearance
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The
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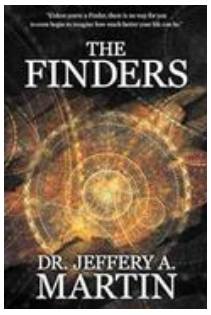
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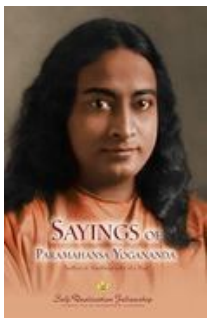
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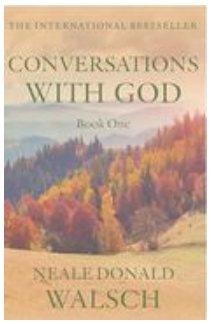
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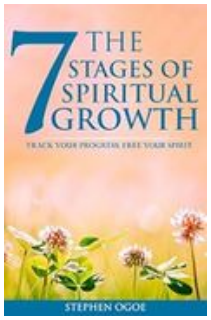
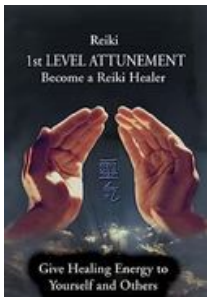
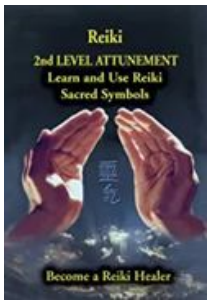
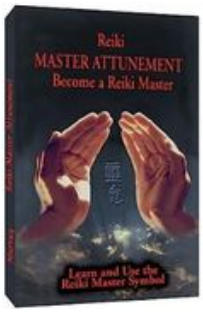
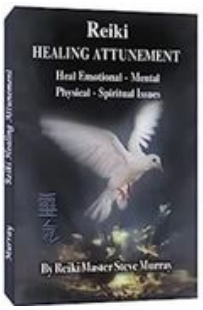


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

Blog Archive

► 2026 (7)

▼ 2025 (312)

► December (38)

▼ November (20)

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Unity Statements

Faith/Will

God is within

11-26-25 STO Journal

One

Equanimity

Karmic loops

Love in each moment

Dream

Shine

Solutions

My Mantra

Fascinating Dream

Closer to All That Is- A Channeled Message from Lo...

Be In The World But Not Of It

Embody 6th Density Service

Increase Polarity

Radiate

Harvest

► October (28)

► September (24)

► August (63)

► July (36)

► June (36)

► May (9)

► April (19)

► March (10)

► February (5)

► January (24)

► 2024 (77)

► 2023 (21)

► 2022 (15)

► 2021 (1)

► 2020 (1)

► 2018 (2)

► 2017 (2)
► 2016 (5)
► 2014 (1)
► 2013 (4)
► 2012 (18)
► 2011 (51)
► 2010 (19)

Labels

- 2012
- 2014
- 5D
- after life
- afterlife
- ageless wisdom
- alien
- aliens
- angels
- anger
- archangels
- ascended
- ascended masters
- ascension
- astral
- attunements
- audiobook
- black triangle
- buddha
- chakras
- challenges
- channeling
- CHI
- cho ku rei
- chris comish
- city of shamballa
- conscious
- contact
- convergence
- cosmic
- cosmic council
- creator
- criminals
- david wilcock
- divine
- earth
- ebook
- energy
- entities
- esoteric
- essene
- experience
- faith
- faith. Love
- forgiveness
- free will
- freedom from duality
- french toast
- full spectrum healing
- gate

- ghosts
- go daddy
- God
- golden age
- harmonic
- Harmonic Convergence
- healing
- heart
- higher self
- hitchhiker
- holidays
- Human Body Energy Centers
- illuminati
- invocation
- kwan yin
- lavender flame
- law of one
- lessons
- liberation
- life
- life review
- light
- link
- ll research
- logoic body
- love
- manifestation
- masters
- Mayan Prophecy
- meaning
- meditation
- member of the month
- members
- metaphysics
- movies
- Noah
- numbers
- nwo
- oneness
- Osama bin Laden
- polarity
- postage
- prayer
- protection
- purification
- purpose
- quan yin
- quotes
- reiki
- reiki attunement
- reiki key chain
- religion
- resentment
- satisfaction
- service
- session
- shamballa
- sirius
- soul
- space
- spacecraft

- spirit
- spirituality
- stamps
- teachings
- the city of shamballa
- time
- trees
- two thousand and twelve
- ufo
- unconditional love
- unity
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